

# INFLATABLE, SELF-SUPPORTING SPORTS TRAINING AID

## Abstract

A training aid is a figure that has an inflatable three-dimensional headless body, an inflatable three-dimensional head, and a way to removably attach the head to the top of the body. The body has a torso, legs terminating in feet, and arms. The feet may be filled with a liquid or a solid particulate material such as water or sand, which is the sole support for the figure.